

WPMAA Throws Pentathlon Championships 2022 - 2022/12/03**Parow Athletics Track****Results - Throws Pentathlon****M30-99 Throws Pentathlon**

	Points	HT	SP	DT	JT	WT
----- M35 -----						
1 Andre, Rix Mitchells Plain Titans M36 Team Points: 10	1172	15,15m (124)	7,27m (339)	18,60m (251)	23,25m (209)	6,21m (249)
----- M40 -----						
1 Edwill, Van Der Westhuize Bellville Athletic Club M44 Team Points: 10	3061	28,98m (392)	13,39m (784)	39,16m (728)	43,31m (545)	11,79m (612)
2 Shukri, Wiener Pinelands Athletic Club M40 Team Points: 8	2937	30,42m (418)	11,87m (680)	32,45m (579)	42,27m (528)	13,72m (732)
3 Cornes, Rautenbach Individual M43 Team Points: 6	1845	24,70m (315)	9,80m (540)	25,36m (424)	19,15m (172)	8,22m (394)
----- M45 -----						
1 Chris, Van Zyl Strand Athletic Club M46 Team Points: 10	2190	23,36m (334)	8,66m (510)	28,62m (553)	29,76m (368)	8,14m (425)
2 Jaco, Pool Bellville Athletic Club M45 Team Points: 8	1585	19,75m (263)	7,72m (443)	21,27m (379)	17,51m (168)	6,71m (332)
----- M50 -----						
1 Duncan, Isaacs Nedbank A.C. M54 Team Points: 10	1251	15,94m (175)	6,47m (341)	17,48m (232)	14,54m (133)	8,14m (370)
2 Andrew, Cooper Nedbank A.C. M54 Team Points: 8	1061	15,22m (162)	5,62m (283)	12,80m (145)	19,53m (215)	6,15m (256)
----- M55 -----						
1 Shaun, Simpson Nedbank A.C. M59 Team Points: 10	2161	21,54m (323)	10,12m (658)	31,82m (570)	12,93m (125)	9,44m (485)
----- M60 -----						
1 Johan, Smit Paarl Athletics Club M62 Team Points: 10	2379	28,44m (467)	9,13m (569)	30,57m (513)	22,31m (321)	10,57m (509)
----- M65 -----						
1 Andy, James Bonteheuvel Athletic Club M69 Team Points: 9	1780	19,64m (331)	7,16m (470)	20,74m (350)	14,48m (197)	8,66m (432)
----- M75 -----						
1 Norman, Hough Bellville Athletic Club M75 Team Points: 9	3689	34,03m (778)	10,49m (769)	29,05m (698)	27,52m (620)	13,48m (824)